

VRHS Head Coaches

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cross Country Girls – Lou Luciani LLuciani@reg4.k12.ct.us Boys – Dawn Erasmus DErasmus@reg4.k12.ct.us	Basketball – Boys – Kevin Woods KWoods@reg4.k12.ct.us Girls – Matt Needleman mneedleman@reg4.k12.ct.us	Baseball Gary Ballestrini GBallestrini@reg4.k12.ct.us
Field Hockey – Girls Beth Powers Bpowers@reg4.k12.ct.us	Gymnastics Carl Cavrell CCavrell@reg4.k12.ct.us	Golf Russ Arrigoni RArrigoni@reg4.k12.ct.us
Football Tim King TAKing@reg4.k12.ct.us	Indoor Track Girls -Brent Ali BAAli@reg4.k12.ct.us Boys – TBA	Outdoor Track Girls – Lou Luciani LLuciani@reg4.ck12.ct.us Boys – Tim King TAKing@vrhs.com
Soccer Girls – Greg Ruel Gruel@reg4.k12.ct.us Boys – Mick Fearon Internet not available	Fencing w/Old Lyme Kelly Smith ahsmith@snet.net	Softball Ken Wilson KWilson@reg4.k12.ct.us
Swimming w/H-K Contact person- Hank Koritkoski hkoritkoski@vrhs.com		Tennis Girls – Gary Ribchinsky GRibchinsky@reg4.k12.ct.us Boys – Yvonne (Bunny) Logan YLogan@reg4.k12.ct.us
Volleyball – Girls Kathy Scott KLScott@reg4.k12.ct.us		Crew w/Old Lyme John Laundon JLaundon@reg4.k12.ct.us
		Lacrosse Girls – Greg Ruel Gruel@reg4.k12.ct.us Boys – Paul Ferrucci PAFerrucci@reg4.k12.ct.us

Fall sports practices start the Saturday before Labor Day ending early November.

Winter sports practices start around Thanksgiving and continue into early March.

Spring sports practices start in the Middle of March and continue through May.

Please contact A.D. Hank Koritkoski at VRHS for additional information.

Phone: 860.526.5328 e-mail: hkoritkoski@vrhs.com

Weight training is offered after school throughout the year.